# Serving Marine Corps Air Station New River and Jacksonville, N.C. Vol. 45 No. 2

Jan. 25, 2006

#### HIMM-264 GETS NEW CO



'Black Knights' squadron brings in McCoy to replace Douquet

SEE PAGE 3

#### **'TIS THE SEASON**



**New River** Tax Center opens to provide free financial assistance to Station personnel and their families

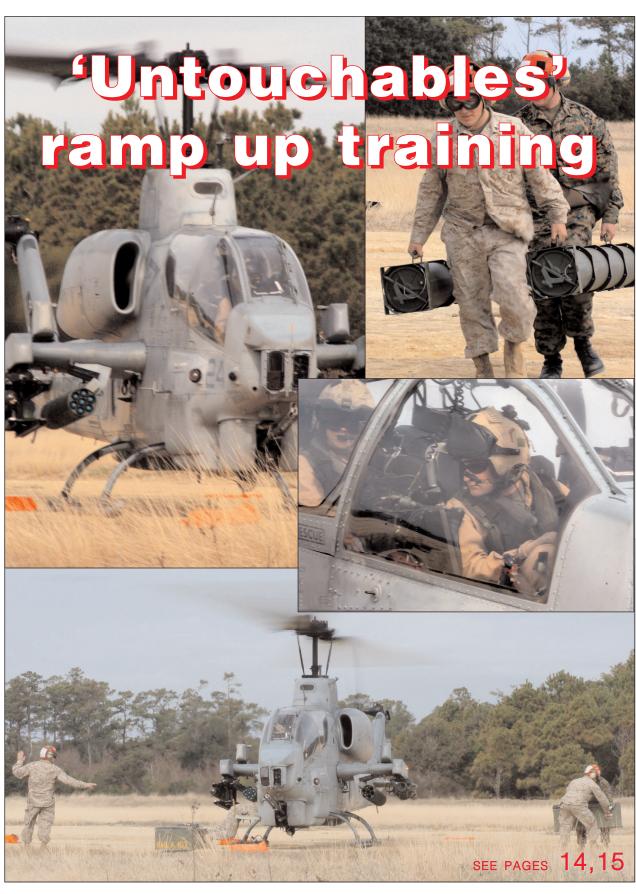
SEE PAGE 4

#### CHAMPIONS IN MAKING



What will New River need to succeed during playoffs?

SEE PAGE 18





## Command Message

The 2006 Marine Corps Air Station New River Air Show will be held May 12, 13 and 14 on the New River flightline.

Scheduled to appear are the Canadian Forces Snowbirds, the United States Army Black Daggers Parachute Team, an AV-8B demonstration, an MV-22, a MAGTF demonstration, The Red Baron's Squadron, Jim Leroy, Juris Kairys, Dale Snodgrass, an A-10 demonstration, Rich's Incredible Pyrotechnics, various flyovers, Tin Sticks of Dynamite, John Curan and a C-123, Larry Kelly and a B-25 and multiple military and civilian static displays.

For more information about the Air Show, contact Maj. Michael Wood at 449-5007.

There will be a Valentine's Day Dinner Show at the Officers' Club Feb. 14 at 6 p.m.

Featuring "Love Letters," by Jordan Rhodes and Lynn Moore. Guests should RSVP by Feb.

Call 449-6409 for more information.

### **Community**

The Jacksonville Friends of the Library will host an afternoon tea with North Carolina author Pamela Duncan, Jan. 28, beginning at 4 p.m.

Duncan, author of "Moon Women" and "Plant Life" will share insights on her books over tea and light refreshments.

Anyone wishing to attend or for more information, contact the library at

For more information, call 455-7350 ext. 233.

The Onslow County Library and Camp Lejeune Library will host an Open Mic Adult Poetry Night in the Camp Lejeune Base Library Conference Room Jan. 31, from 6:30 to 8:30 p.m. For more information about registration for the poetry night or other Onslow County or Camp Lejeune Library happenings, please call 451-5724.

The New River Tax Center will be opened in Jan. 20 and remain open until April 17.

Visit Building AS-232 or call 449-7400 for more information.

The Kinston 8000: A Run for the River race will take place March 26 at 8:30 a.m.

Marines interested in running the race can call Tim Knobeloch at (252) 939-3336.

### **Education**

The Scholarships for Military Children program applications are available and must be turned in by close of business Feb. 22.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military.

Applications, eligibility and other information for the 2006 Scholarships for Military Children program are available at http://www.militaryscholar.org or http://www.commissaries.com.

The Marine Corps Scholarship Foundation is looking for students who qualify for Academic Year 2006-2007 scholarships.

Scholarships range annually from \$500 to \$10,000.

Students qualify if they are the son or daughter of a Marine on active duty or Reserve, son or daughter of a former Marine or Marine Reservist or son or daughter of an active duty, reserve or former U.S. Navy Corpsman who is serving or has served with the Marine Corps.

Graduating high school seniors' application submission is due by March 1, 2006 and all other students are due by April 15, 2006.

Application forms are available to download from www.mcsf.org.

### Religious Info

The Weekly Men's Bible Study Group meets every Thursday morning at 6 a.m., at the Mainside Protestant Chapel Annex behind the Base Chapel.

For more information, contact Chaplain James Dance at 451-3210, Maj. Jo Rozier at 451-7842, Staff Sgt. Stacey Lafferty at 450-8595 or Jim Sides at 451-5024.

### In the Corps

Career roadmaps are available for enlisted Marines and their leaders.

Roadmaps offer a single source reference for Military Occupational Specialty training, education requirements and recommendations.

The program was initiated in 2004 and is designed to offer Marines a "one-stop-shop" guide that will enable them to capitalize on all available opportunities to enhance professional, educational and personal development.

For more information, go to www.tecom.usmc.mil/g3/roadmap. php. or read All Marine Message 044/05.

### Recruiting

**Earn promotion points** for recruiters assistance in the Northeast Region.

Recruiters assistants are needed at Recruiting Stations Albany, N.Y., Buffalo, N.Y., Harrisburg, Pa., New Jersey, New York, N.Y., Pittsburgh, Pa., Portsmouth, N.H., and Springfield, Mass.

For more information applicants are encouraged to please contact 1st MCD at (516) 288-5656.

Marines interested in recruiters assistance in the Colorado, Wyoming, Western Nebraska or Western South Dakota areas should contact Sgt. Maj. Robert Cadle at cadlerg@marines.usmc.mil or call (303) 241-8102.



### Civilian Spotlight

#### Mark 'Beek' Buechner

Headquarters & Headquarters Squadron administration officer

**Hometown:** 

Columbus, Ohio



**Family:** Mark is married to Susan Marie Buechner and has two daughters, Caitlin Mae Fisher, 15, and Shawnna Marie Bryant, 9.

**Military background:** Mark is a retired gunnery sergeant with 21 years of service.

**Time on Station:** Buechner said he has been on Marine Corps Air Station New River for seven years.

**Best part of job:** Mark said the best part of his job is being able to take care of Marines. "Their families rely on me to do my job," said Mark. "They rely on me for the outcome of their careers."

**Best part of working with the military:** "The espirit de Corps," said Beuchner. "That and the team work that Marines bring to the table."

**Proudest accomplishment:** Retiring from the Marine Corps and being hired as a Department of Defense employee.

**Best advice received:** "To be understanding and to be compassionate towards others," said Mark. "It was said to me by a former Marine."

**Personal motto:** "Suffering produces endurance, endurance produces character and character produces hope," said Beuchner. "Also, you win with people. If you don't have people behind you, then you've failed."

**Personal hero:** Mark said his hero is his wife Susan Marie Buechner. "My personal hero is my wife Susan, who is in full support of me and has shown unconditional love like no other."

**Person whose lifestyle you'd like to emulate:** "Our Lord and our Savior," said Beuchner. "He is compassionate and he gave up his life for all of mankind."

### Roto UE

Commanding Officer
Col. Stephen L. Forand

Executive Officer
Lt. Col. Frank H. Miner

<u>Sergeant Major</u> Sgt. Maj. Lewis Summerville <u>Public Affairs Officer</u> Capt. Stuart J. Fugler

Public Affairs Chief Master Sgt. Phil Mehringer

<u>Press Chief</u> Lance Cpl. Brandon M. Gale

#### **Disclaimer**

This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of The RotoVue are not necessarily the official views of, or endorsed by, the U.S. government, the DoD, or the Joint Public Affairs Office, Marine Corps Air Station New River.

The Roto Vue is published by Landmark Military Newspapers, a private firm in no way connected with the DoD, the U.S. Army, the U.S. Navy, the U.S. Air Force, or the U.S. Marine Corps, under exclusive contract with

MCAS New River.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD or military services, or Landmark Military Newspapers, of products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertis-

er is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

The editorial content of this publication is the responsibility of the Joint Public Affairs Office. For information regarding content, contact Joint Public Affairs Officer, Headquarters and Headquarters Squadron, Marine Corps Air Station New River, PSC. Box 21002, Jacksonville, NC 28545-1002.

If you have comments or suggestions contact the public affairs office at (910) 449-6196 or fax (910) 449-6478. For distribution and advertising inquiries, call (910) 347-9624.

### **RotoVue**

Lance Cpl. Samuel D. White

Lieutenant Col. Michael G. McCoy, new Marine Medium Helicopter Squadron-264 commanding officer, addresses Marines, friends and families during a change of command ceremony held in their squadron hangar Jan. 20.

# Black Knights welcome real McCoy

Lance Cpl. Samuel D. White correspondent

Lieutenant Col. Gregory M. Douquet relinquished command of Marine Medium Helicopter Squadron-264 to Lt. Col. Michael G. McCoy during a change of command ceremony held in their squadron hangar Jan. 20.

Douquet served as commanding officer of HMM-264 for about one and a half years.

"It was 18 too short months ago that I stood before you and said that I was humble to be able to take command of the 'Black Knights,'" said Douquet. "Now having had the once in a lifetime experience to work side-by-side with the Marines and Sailors of HMM-264, I'm beyond humble and in awe of their professionalism and commitment to our Corps and country."

Though Douquet believes his time as a "Black Knight" seemed far too short, he feels he is leaving the squadron command post to a competent Marine.

"I have absolutely no doubt that Lt. Col. McCoy will take the 'Black Knights' to the next level," explained Douquet. "I'm comfortable leaving them in his very capable hands."

McCoy's last assignment was as special operations officer for Marine Aircraft Group-29.

"I'm excited to be here," said McCoy. "Taking charge of this squadron is very rewarding. With the Global War on Terrorism, I wouldn't want to be anywhere else than with the 'Black Knights."

He said he is honored to take command of the squadron and looks forward to the challenges that await him.

"I'm extremely proud to be your new commanding officer. I look forward to continuing the vast history of this squadron and its great reputation," he said.

## MALS-49 trains, supports MAG-26

Lance Cpl. Jonathan A. Tabb correspondent

The Marines of Marine Aviation Logistics Squadron-49 spent two weeks on Station to train with Marine Aircraft Group-26 and MALS-26 from Jan. 8, to Jan. 21.

The "Magicians," Marine Reserves from Stewart Air National Guard Base, Newburgh, N.Y., conducted their annual training aboard New River while the other two squadrons were deployed in support of Operation Iraqi Freedom

Major Philip M. Garvey, MALS-49 training officer, said the "Magicians" received valuable training while having the opportunity to assist the Marines with daily operations.

According to Garvey, the annual training required of all reserve units is designed to provide two weeks of Military Occupational Specialty related work.

"These two weeks help to compliment our monthly training," he said.

While MALS-49 was technically on Station for training, their presence helped the Group Marines get more work done.

"We're not just here to practice our job skills," said Warrant Officer Macclellan C. Nicholas, MALS-49 administrative officer.

"This training was designed (to be) symbiotic with the Station Marines," Garvey explained. "We were able to roll

in and provide (operational tempo) relief. Since we get some good training, it's a 'win-win' situation."

While at Stewart Air National Guard Base, the "Magicians," a MALS unit whose job is to provide logistics support for rotary aircraft, rarely get the opportunity to train with the rotor wing, Garvey said.

"When we're at Stewart we can only work on what's on the flightline," Garvey said. "All they have are fixed-wing aircraft. New River provides us with an excellent opportunity to train in our jobs."

While serving on Station, Lt. Col. Thomas C. McKelvey, the "Magicians" commanding officer, relin-

quished command of the squadron to Lt. Col.

Mark V. Harrison, during a change of command ceremony Jan. 16, on the New River

"Serving with these Marines has been a great experience for me," McKelvey said. "I couldn't have asked for a better bunch."

McKelvey said while it will be difficult for him to leave, he knows the squadron is being left in the hands of a very capable Marine.

Harrison, a thirteen-year employee of Delta Air Lines was commissioned a second lieutenant in April 1989. He has served the Marine Corps in dozens of positions and is now

assuming command of a squadron for the first time in his career.

"I'm really excited about the next few years," Harrison said. "I am excited to be able to lead a group of men and women who consistently go above and beyond their duties."

### MPs reach out to NRA, get valuable training



Lance Cpl. Rvan B. Busse

Members of Military Police Company, 1st Marine Logistics Group, fire their shotguns during a week-long exercise taught by the National Rifle Association. The Marines learned pistol and shotgun techniques to help them prepare for their spring deployment. Although the Marines have already trained on the shotgun and pistol, the techniques they learned can be applied in other training opportunities. The Marines were able to recruit two representatives from the National Rifle Association to teach 19 Marines weapons techniques before their deployment to Iraq this spring.



# Station Tax Center opens, provides free service

Lance Cpl. Brandon M. Gale correspondent

After a few delays due to computer problems, the Station Tax Center opened Friday to provide free tax preparation to servicemembers and their families.

The Tax Center is located behind the Post Office in building AS-232 in the lot adjacent to the Memorial Chapel. Its hours of operation are Mondays and Wednesdays, 8:30 a.m. to 4:30 p.m., Tuesdays and Thursdays, 8:30 a.m. to 6 p.m., and Fridays, 8:30 a.m. to 11:30 a.m.

According to Capt. Danielle N. Fitz, Tax Center officer-in-charge, the goal of the Tax Center is to provide a convenient location here that offers services comparable to that of the financial companies in town, and to do it for free

"All the Marines who work here are certified tax specialists," she said. "We took a three-week course offered by H&R Block and passed the (Internal Revenue Service) test, so we're all trained to do basic tax returns, but we can also provide other services as well."

Tax Center customers are required to bring all W-2 forms, bank interest statements, (Individual Retirement Account) information, medical and dental expenses and social security cards, including those of dependents, said Fitz.

While the center doesn't do rapid refunds, they do file electronically, and the average refund arrives within a few weeks, she said.

The Tax Center is also a great opportunity for servicemembers to get information and learn about all the options available to them,

said Gunnery Sgt. Dawn L. Carter, Tax Center staff noncommissioned officer-incharge.

"For Marines who are unfamiliar with the whole process, this is a good place to learn the basics," she said. "They get good information and, of course, it's all free."

In 2004, the total value of service offered by the Tax Center was approximately \$363,000 with refunds totaling more than \$3 million

Fitz said she expects this year to be even better.

"Marines should feel confident in the quality of service they'll receive here," she said. "Every tax return will be looked at by someone else and verified to make sure everything is done correctly."

For more information, call the Tax Center at 449-7400.

## Hours of Operation:

Mondays & Wednesdays: 8:30 a.m. to 4:30 p.m.

Tuesdays & Thursdays: 8:30 a.m. to 6 p.m.

Fridays:

8:30 a.m. to 11:30 a.m.

Friday afternoons will be scheduled for unit appointments

Phone: 449-7400



## New physical requirements help servicemembers stay prepared

Sgt. Chad Swaim Marine Forces Command

When the need arises, servicemembers should be able to deploy at the drop of a hat.

Recent changes in the preventive health assessment (PHA) program can help reduce the time servicemembers need to prepare for deployments.

This ends the five-year physicals most are used to and the beginning of the annual PHA.

"Studies have shown that they are not effective tools for maintaining the health of our active-duty forces," said Petty Officer 1st Class Rhonda L. Rossi, medical administrative assistant, Marine Forces Command.

There's not much difference between the five-year physicals and the PHA. All of the same blood tests will be completed. However, medical personnel will be looking at shot records, ensuring servicemembers go to dental and opening a dialogue with patients about any potential health problems. For females this will also include a Pap smear.

"It's also a chance to council you on health practices that are better, plus you get to ask questions," said Rossi. "We're going to make sure everything works at this moment, along with the lab work, along with things that we can touch, feel or quantify."

This new requirement actually took affect in December 2001. However, according to Rossi, a native of South Bend, Ind., only recently has it been enforced.

"Navy medicine did not have the resources available to make sure that all of the approximately 50,000 active duty in this area alone were seen once a year," said Rossi. "The clinics could not support it."

This change applies to everyone on active duty in the Navy and Marine Corps, as well as some reservists.

"If reservists are on active duty for over a year, they will also be subject to this requirement," said Rossi. "This plan was probably modeled after the fact that reservist have to get an annual statement of readiness from a provider once a year that tells them whether or not they're fit to serve as reservist for the next year."

However, there are exceptions to the rule. According to Rossi, there are some special duties such as, but not limited to,

diving, independent and aviation duties that will still require the older physical, as well as reenlistments and separations.

The annual PHA will also help some servicemembers cut down on the time and stress of preparing for a deployment by keeping all of their physical requirements up to date. "Someone recently brought me their record, and they needed eight shots before they could deploy," said Rossi. "There are some people who practically have to start all over."

Rossi recommends that anyone with a birth month of October through December of 2005, as well as those in January and February of this year, call now to get their PHA scheduled to help prevent delays down the road.

The Marine Corps requires that you be physically fit before you can get orders for deployments, transfers and schools and the PHA is the only authority that says you are good to go, said Rossi.



## ROTO VIEW

Who is going to win the Superbowl: Steelers or Seahawks?



"The Pittsburgh Steelers. They work well together and play as a team."

Cpl. Patrick C. Barnhart, Marine Light/Attack Helicopter Squadron-269, equipment technician, Preston, Md.



"The Steelers will take it all because of Ben Roethlisberger ."

Lance Cpl. Darren A. Burnham, Headquarters & Headquarters Squadron, air traffic control trainee, Fort Mill, S.C.



"I've always rooted for the AFC, and since the Steelers beat my Broncos I have to cheer for them."

Sgt. Jason W. Tracoma, Marine Medium Helicopter Squadron-365 (Rein), operations chief, Powhatan, Va.

## 'Fighting Griffin' competes for meritorious staff sergeant

**Cpl. Cullen Tiernan** 2d Marine Aircraft Wing

AL ASAD, Iraq -- Since December 1997, he has flown off the coast of Macedonia and over the deserts of Afghanistan and Iraq during four deployments. He has progressed from a lance corporal to a sergeant and holds all the flight qualifications and designations of the CH-46E Sea Knight. He is trusted as the most dependable crew chief instructor by his squadron's commanding officer.

Sergeant Daniel Wilson, quality assurance representative with Marine Medium Helicopter Squadron-266, is currently serving in a staff noncommissioned officer billet and represents the "Fighting Griffins" for combat meritorious staff sergeant at the Marine Expeditionary Force level. He has already completed the competition in the Marine Aircraft Group and Marine Aircraft Wing levels at Al Asad, Iraq.

"Ever since I got to the fleet, I've been surrounded by good Marines who have taught me a great deal," said Wilson, an Allen Park, Mich., native. "They wouldn't let me fly until I could turn a wrench, and now I'm filling a mechanics billet. As a crew chief, I've flown more than 2,000 hours, and more than 300 have been in Iraq."

Wilson said the best time he spent here was when he was stationed at Al Qaim supporting Operation Steel Curtain. At Al Qaim, he participated in troop movements, casualty evacuation and supply missions for more than a month with a high operational tempo.

"I loved doing my job and supporting the Marines on the ground," said Wilson. "The best feeling was flying hot food out to the Marines on Christmas. We took food to the outskirts of Fallujah, and a couple different places around Al Qaim. You could tell the Marines really appreciated it."

Wilson said he loves doing what he has been trained to do in a combat environment and wants the added responsibilities and bigger impact that comes with being a SNCO.

"Not only is Wilson ready for the responsibilities of serving as a SNCO, he is already employed that way," said Lt. Col. Joseph E. George, HMM-266 commanding officer and Norfolk, Va., native. "As a crew chief. Wilson is as hard as nails. He runs circles around the Energizer bunny. In our preparations for this deployment, we required quite a bit of training for new crew chiefs and aerial gunner observers. Wilson was the go-to instructor for all of that training. We deployed to Savannah, Ga., to use the gunnery ranges and then to Yuma, Ariz., for Exercise Desert Talon where we executed gunnery training, night vision goggles syllabus training and tactics training. He flew every day, he's unstoppable."

The quality assurance division is where the most experienced and senior SNCO typically serves in a squadron.

"Since each one of the mainte-

nance divisions are led by a SNCO, the QAR is responsible for inspecting their work and maintenance practices," said George.

Gunnery Sgt. Jeffrey Oakley, HMM-266 quality assurance division chief and Orlando native, said Wilson is the type of Marine who leads by example and always strives to be the best at everything.

"Wilson representing HMM-266 for the MEF Meritorious Staff Sergeant Board was a no-brainer," said Oakley. "Not only does he already serve in a billet of a SNCO, he's the one guy who always takes on the toughest of tasks. He's all about doing the right thing and leading from the front."

Oakley said Wilson is a full systems QAR, meaning he is the guy you can ask the hardest questions for all aspects of maintenance, and he will find the answers.

"He has what it takes to be tasked with the highest of responsibilities as a crew chief instructor," said Oakley. "Wilson is ready to be a SNCO and has been for some time. Wilson has been doing the job of a SNCO by leading the Marines in the flightline division. He has proven that he has what it takes to be at the tip of the spear."

Gunnery Sgt. Franklin W. Barnes Jr., the quality assurance department assistance SNCOIC, and a Suffolk, Va., native, described Wilson as a motivator, a leader, a teacher and an all-around outstanding Marine.

"Wilson is a go-to Marine

throughout the maintenance department," said Barnes. "As a weapons and tactics instructor, he's able to teach the weapons system on the CH-46E to the younger crew chiefs within the 'Fighting Griffins."

Barnes said Wilson's ability to compete at the MEF level gives every Marine in the "Fighting Griffins" a sense of pride.

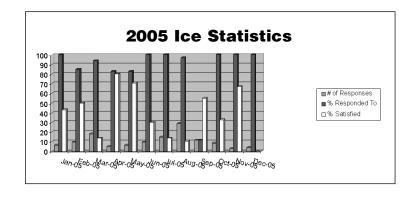
Wilson credits all these accomplishments to the SNCOs who taught him every single piece of the CH-46E and how to be a Marine. Although he loves deploying, he said it's hard being away from his 4-year-old son Kenneth and 2-year-old daughter Sharon and not being there to watch them grow up. But, he said ever since he was a child he's wanted to be in the military, and he's glad to be here with the best.

"When I heard that there would be competition for meritorious staff sergeant, I knew there was no need for a squadron board," said George. "Wilson is hands down the most knowledgeable and valuable sergeant in the squadron. He's an expert on the entire aircraft. He flies as a crew chief, understands how to repair all the systems, and he sought this knowledge on his own. He is an expert on the CH-46E because he works hard."

George said when Wilson was a young crew chief, he would not walk away from any aircraft discrepancy until he was satisfied that it was fully repaired. Now, through his vast experience, Wilson will be able to serve capably as a staff sergeant.



Welcome home MAG-26, MALS-26 advanced parties from Iraq.



Roto UE 14-Jan. 25, 2006 Feature Feature

# 'Untouchables' fuel, arm 'Gunrunners' at TLZ Bluebird



(Above) Corporal Tyler A. Love, Marine Wing Support Squadron-272 bulk fuel specialist, carries a fuel line after successfully filling up an AH-1W Super Cobra. Love, along with 38 of his fellow "Untouchables," participated in a forward arming and refueling point exercise on Jan. 11 at Landing Zone Bluebird, Marine Corps Base Camp Lejeune. (Below) Love prepares to attach the head of the fuel line to the Super Cobra. In the past, without a waiver, the helicopter had to be shut down and pilots clear of the cockpit before fuel could have been dispensed.





#### Lance Cpl. Samuel D. White correspondent

The distinct heartbeat of rotors echo in the distant sky, catching the attention of waiting Marines. Tall brush surrounds them for half a mile in every direction and seems the only friend to the "Untouchables" who keep their eyes trained on the horizon – frozen in anticipation for their "birds" to break the unbroken tree line of

Suddenly, an AH-1W Super Cobra bursts into view, causing the Marines to grab their headgear and spring into action; with every Marine knowing what must be done to get the bird on the ground, reloaded, refueled and back in the air as fast as possible. The slower these Marines move, the slower the Cobra is to provide support to those who need it. Every second counts - it's go

This scenario was practiced by 38 Marines of Marine Wing Support Squadron-272, along with several other Marine Corps Air Station New River and Cherry Point squadrons, who participated in a forward arming and refueling point exercise on Jan. 11 at Landing Zone Bluebird, Marine Corps Base, Camp Lejeune.

According to 1st Lt. Robert F. White, MWSS-272 operations officer, the exercise was arranged to give the Marines real-life, hands-on experience while awaiting

"Anytime Marines can get out in the field and participate in a two-point hot (FARP) is going to be good training," said White. "Marines need this experience because it's basically the same as we do in Iraq."

The FARP training exercise has undergone several changes to make the process more realistic for the Marines, White explained.

"To do a hot (FARP) in the past, you would have needed a waiver, which is hard to get," White added. "So instead of keeping the helicopters running, they would shut them down, refuel and rearm them and then start them up again.'

The old process typically took an hour to complete, but now that the helicopters stay running throughout the entire procedure, that time has been cut to 15 minutes.

"The training has been constantly improving to better (educate) the Marines," said White. "The opportunities have only been getting better and better."

Participating alongside the "Untouchables" were Marines from MWSS-271 aircraft rescue and firefight-

ing, MWSS-271 augments, Marine Aviation Logistics Squadron-29 ordnance and Marine Light/Attack Helicopter Squadron-269.

"I love being in the field doing what I was trained to do," said Lance Cpl. Corey W. Smith, MWSS-272 bulk fuel specialist. "It's nice to get away from the shop and get away from cleaning gear all day."

Some of the Marines compare this exercise to the operations they performed while in Iraq.

"Minus the fueling truck, everything else is the same," said Cpl. Tyler A. Love, MWSS-272 bulk fuel specialist. "The exercise, the way we perform, it's all a lot like being in Iraq - just less sand."

With the training constantly improving, MWSS-272 Marines are receiving more hands-on experiences and are better prepared to meet the goals while deployed, said

"It's important for us to do these training exercises so the real thing isn't such a big surprise when we get over there," said Sgt. Glen R. Schoot, HML/A-269 ordnance technician. "Grunts are counting on us; lives are counting on us, to get these birds back up in the air as fast as possible and this prepares us to accomplish those



(Left) Corporal Matthew J. Rajca, Marine Wing Support Squadron-272 bulk fuel specialist, guides an AH-1W Super Cobra pilot to his designated landing zone. (Above) Lance Cpl. Corey W. Smith, MWSS-272 bulk fuel specialist, helps Marines from Marine Aviation Logistics Squadron-29 ordnance handle rounds. Participating alongside the "Untouchables" were Marines from MWSS-271, from Marine Corps Air Station Cherry Point, MALS-29 and Marine Light/Attack Helicopter Squadron-269. (Below) Marines from MALS-29 ordnance load missiles into the Super Cobra





### **Cutting-edge way for Marines to connect**

Gunnery Sgt. John S. Jamison Jr. New York City Public Affairs

NEW YORK, N.Y. -- If one were to Google "U.S. Marines," one would find that somewhere in approximately 19 million sites that appear, one site seems to be a niche for the Marine Corps' tightly-knit family.

Whether a Marines' service is present or past, TogetherWeServed.com is a site that has reunited many Marines and allowed them to keep in contact with each other through e-mail, photos, blogs and other personal information.

"TWS was conceived to meet the objective of being a Marine-only Web site, devoid of any commercial advertising," explains Joe Armstrong, a retired sergeant major and Administrator/Advisor for the site. "The site is specially created to allow members to not only locate lost Marine Corps friends (brothers) and interact with other Marines, but also provide a place to tell their personal Marine story."

The site was brought on line on Nov. 10, 2003 and since then has signed more than 33,000 profiles – 20,000 of those in the past six months. Which, in comparison, rivals the number of active duty Marines stationed at Camp Pendleton, Calif.

TWS members include active, reserve and

retired Marines and, of course, Navy corpsmen and chaplains. Family members of Marines who are deceased, fell in the line of duty, or are POW/MIA are also invited to join TWS for the purpose of posting a remembrance profile.

TWS's oldest member was born 93 years ago and members' ranks range from private all the way to lieutenant general. The current membership roster includes hundreds of veterans of WWII, the Korean and Vietnam Wars, and hundreds who are still on active duty and/or serving in Afghanistan and Iraq.

New profiles are being added at an average of 120 per day. The primary means of membership growth is by invitation from an existing Marine member.

Each of these individuals has the opportunity to post as much personal and professional information as they wish. All of which is cross-referenced with the incalculable amount of information already entered by other members. If there is a match to someone else's entries, say, their platoon number in boot camp, it will alert all members that also attended at the same time.

New members may search the entire Web site in

more than 30 different variables to locate the Marine for whom they are looking.

"I really like the TWS web site. Last week I spoke to one of my drill instructors after 36 years," said Joe Lisi, who was discharged as a corporal in 1972. "I was able to locate him through Marines on the TWS Web site. What a thrill it was to hear his voice after all this time. And, he wasn't yelling at me to boot."

Not all of the members are legitimate and they are found out using the Profile Dispute System. "The Profile Dispute System is a way for the other members of the site to call into question or verify any service history data posted by another member," said Armstrong.

When an item is disputed or verified, the members are notified and provided an opportunity to clarify and/or remove the data that may be incorrect, or to acknowledge the verification posted for them.

As it is entirely devoid of any advertising, which is in keeping with the sanctity of the

site, TWS relies solely on membership upgrades in order to meet its debt as well as promotional and operating expenses.

Armstrong explains that, "all Marines can join TWS as 'Free Members' and enjoy a great many of its unique features.

An exception is made for members currently on active duty in combat areas. They are given complimentary membership upgrades, as are those who are seriously disabled.

"It is the goal of this Web site to eventually chronicle the service history of 250,000 Marines or more, covering all recent eras, within the next five years," Armstrong said. "If this Web site is able to accomplish this goal, it will ensure that the site becomes not only a prolific Marine locator, but more importantly, it will ensure that the living history that the Marine members represent ...will be recorded for posterity in the words and pictures of those who were there and who 'Served Together."



### Call the local 24 hour hot line 938-3273



- \* Report crime anywhere in our community.
- \* Caller never reveals his/her identidy.
- \* Pays **CASH** rewards up to \$2,500.00.
- \* Information must lead to arrest and indictment.
- \* Reward is collected through code system.



# Semper Fitness

#### Sara Cook

Marine Corps Community Services personal trainer



# Health risks of obesity and how to prevent it

All right, I'm going to begin this article with a "jaw-dropper." The average person in America is carrying approximately 27 billion fat cells in their body. The average obese person is carrying around 75 billion! Is your jaw off the floor yet?

The prevalence of obesity in America is still on the rise. As of 2004, 65% of adults over 20 in the U.S. were overweight. For those overweight individuals, there comes a risk of obesity and other health risks, including cardiovascular disease, stroke, diabetes, gallbladder disease, respiratory disease and arthritis.

With the added extra weight, your body is running in overtime to keep up, especially your heart. There are many factors that can lead to obesity:

-Genetics. We all know you can't fight your genes.

-Environmental. Is your work area or home conducive to a healthy lifestyle?

-Social. Are the people around you conducive to a healthy lifestyle or do they enable you to keep your eating habits?

So, your job is to pinpoint these factors that you can change. Where can you fit a 20-minute walk into your day? What are some healthier choices you can make at the commissary?

If you can come up with an answer to these questions, then you are on your way to a healthier lifestyle. There is an abundance of information on the Internet about eating right and staying healthy. It is hard to decipher all of this information at once, and some may be misleading.

One Web site that I feel is the "golden standard" of healthy living is MyPyramid.gov. This page is sponsored by the USDA and is filled with tips! On this Web site, you can personalize your own food "Pyramid." It will then give you sample meals that suit your needs and lifestyle.

With this Web site, plus daily activity, your chances of becoming overweight or obese decrease every day. Your chances of disease, cancer, arthritis and respiratory problems are practically cut in half.

If you are looking to further your fitness accomplishments, call 449-5854 or 449-5267 to make an appointment.

# Road to EGA East Bowl What will New River need to succeed?



#### SPEED

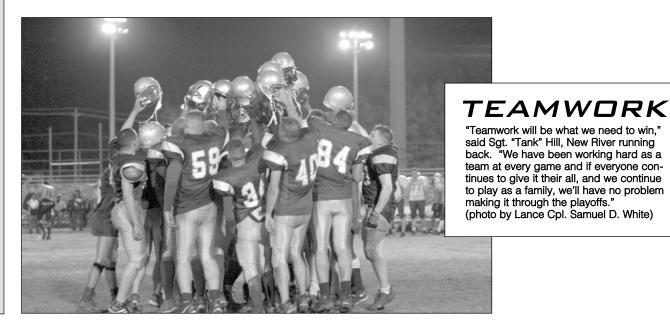
"Speed will help us succeed in the playoffs because the reaction time of the other teams won't be able to keep up with us," said Staff Sgt. Brian M. Walker, New River strongside linebacker. "We can score a touchdown before they know we are even thinking about moving." (photo by Lance Cpl. Samuel D. White)

#### DEFENSE

"Our defense shows teams how to successfully shut teams down with very little effort," said Sgt. Anthony "Crime Dog" Cremeans, New River head coach. "I would put our defense against some colleges out there. They are that good and as much hype as they get, I would still say they are underrated."

(photo by Lance Cpl. Samuel D. White)







# Age-old business now a punishable offense

Lance Cpl. John S. Rafoss contributor

MARINE CORPS AIR STATION IWAKU-NI, Japan – Military leaders now have something new in their arsenal to combat a medical and moral detriment to servicemembers.

According to a new provision to the Manual for Courts-Martial, which was set into motion Nov. 15, patronizing a prostitute is now a punishable offense under the Uniform Code of Military Justice.

"Under the UCMJ, it has always been illegal to prostitute oneself, now it is an offense to patronize a prostitute," said Capt. Adam J. Workman, prosecutor and native of Salt Lake City. "The new provision is good for morality, health and national security."

The new provision makes the offense punishable by up to one year in jail and a dishonorable discharge. In the past, patronizing a prostitute was prosecuted under the general article 134 of the UCMJ which covers good order and discipline.

"The new provision makes patronizing a prostitute an official offense," said Workman.

There are many reasons the new provision has been established. It is not only morally and medically detrimental to service-members, but the business also supports crime

"Recently, authorities have linked a connection between prostitution and our enemies," said Workman. "The money generated by prostitution ends up in the hands of organized criminals and ultimately terrorists."

Not only has the criminal underground in prostitution been a problem, the DoD has also taken a stand against human trafficking.

According to a government report in 2003, an estimated 800,000 people worldwide

are trafficked across borders each year. Many of the victims are forced into prostitution and sexual exploitation.

"Human trafficking is criminal and deprives the victim of their rights and dignities as a human being," said Navy Lt. Joseph D. Reardon, Marine Aircraft Group-12 Deputy Chaplain and native of Kansas City, Miss. "Human beings are treated as mere tools."

Even with all of the criminal reasons to outlaw prostitution, morality is also a factor.

"Prostitution does injury to the dignity of the person that engages in it," added Reardon. "Prostitution reduces the person to an instrument and is outside the sanctity of the love between a husband and wife."

Since prostitutes tend to have a large number of sexual partners, there are many health risks involved.

"There are

significant medical consequences to human trafficking and prostitution," said Navy Cmdr. Michael M. Jacobs, MAG-12 Surgeon and native of Anaheim, Calif. "There are a number of viral and bacterial diseases that are transmitted through sexual contact, even with protective measures. Among others, sexually transmitted diseases include HIV, herpes, chlamydia, gonorrhea, syphilis, genital warts and molluscum."

Sexual exploitation and prostitution not only affects the customers, but also the prostitutes who many times are forced into the job.

"Don't think for one minute these women are not being harmed," said Jacobs. "Marines and Sailors who patronize prostitutes inflict psychological and emotional trauma on another human being."



## Don't worry, be happy

### Several guidelines, recommendations to conquer fear



Lt. Charles D. McCormick Marine Aircraft Group-29

Have you ever been gripped by worry or fear? Worry is a completely unproductive emotion. It is the advance interest we pay on troubles that seldom if ever

come.

What is our best antidote for worry? Prayer. God wants to be the first one we turn to in times of worry or crisis.

When we do, God promises a special blessing. Here are four things, or recommendations, that we need to do:

#### 1. Stop worrying and start praying:

Don't ever think that your need is too insignificant for God's attention. He wants us to pray about everything.

#### 2. Tell God your needs:

Even though God is all-knowing and is well aware of your situation, he desires that you verbalize your needs and place them into His hands.

#### 3. Present your request with thanks:

Instead of praying with feeling of doubt, we need to thank God for the answers in advance

because of the promises God has made to us.

#### 4. Receive God's peace:

Once you do these things, in the Christian New Testament in Paul's letter to the Philippians, it reads "Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done.

If you do this you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds..."

In the original Greek text, this verse literally means that God's peace will "mount a guard or garrison" around your heart and mind to keep and protect you during those difficult times in your life.

So the next time you are tempted to worry about something, channel into prayer all the energy you would have put into worry.

Say something like, "Lord, here is my problem. It looms ever larger in my path, so I am placing it into Your hands. I am not going to worry.

"Instead, I am going to trust You. I am even going to thank You in advance for what You will do, because You know what You are doing."

Always remember the prayers that you may

want to happen may not always happen the way you want them to. God always know the way to help you.

I know that this is not an easy thing to do, especially if you do worry about a lot of issues, but if you want to overcome worry and experience God's peace, it is something you must consciously do.

### **Sunday Services**

Catholic 9 a.m.
Protestant 11 a.m.
For more information call the
Memorial Chapel at 449-6801



## Guthrie retires after 40 years of service



Major Thomas F. Nichols, Marine Aircrew Training Systems Squadron operations officer, presents Gus Guthrie with a certificate of commendation during his going away ceremony held in the AH-1W Super Cobra simulator building. Guthrie served 20 years active duty in the Air Force before retiring and taking a job on Station. After serving 20 more years, Guthrie retired from Civil Service in 1997. He stayed on Station for eight years after his second retirement, to mentor younger simulator technicians. Guthrie served a total of 50 years with the U.S. military. (photo by Lance Cpl. Jonathan A. Tabb).

### Safety Snippets:

# Driving and dealing with hazardous situations

Car crashes are the leading killer of Americans between the ages of one and 24.

More than three-quarters of the time, errors by the driver contribute to the wreck.

Here are a few techniques for coping with common hazards.

1. Drivers who run traffic lights.

Don't assume other drivers are going to obey the light when it changes color.

·If you are the first in line at an intersection, hesitate before starting to enter the intersection after your light turns green.

·Look left, right, then left again before you accelerate.

**2.** If your car should experience a blowout.

·Know what one feels like.

·In the front, the car will pull hard to one side.

·In the rear, the car will weave and vibrate.

·Don't slam on the brakes.

·Take your foot off the accelerator and stay in your

·Pull off the road at a safe location.

**3.** If your car should experience skidding.

·Don't hit the brakes.

·Take your foot off the

·Turn in the direction you want to go.

•The car may fish-tail, but keep turning toward the direction you want to go.

**4.** Be aware of other motorists who exhibit road rage.

·Remain courteous.

·Don't honk your horn too much.

·Don't block the passing lane on a highway. ·Signal before you

change lanes.

·Don't tailgate.

·Take your time; don't be in a hurry.



### Rabies: Do you know the risks?

Rabies is a preventable viral disease that causes acute encephalitis (inflammation of the brain). The virus exists in the saliva of mammals and is transmitted from animal to animal or from animal to human by biting and/or scratching. The virus can also be spread by licking, when infected saliva makes contact with open cuts or wounds, and with the mouth, eyes, and nose. If left untreated in humans, rabies is fatal. To survive rabies exposure it is necessary to complete treatment under the supervision of a medical professional.

Rabies symptoms usually appear within 20 to 60 days of contact. Once those infected begin to experience symptoms, death usually follows.

Rabies symptoms include loss of consciousness, fever, headache, anxiety, insomnia and hypersalivation (foaming at the mouth)

Rabies cases in animals in the United States have been reported in 49 states.

Only Hawaii is rabies free.

If bitten by a rabid animal:

Immediately wash the wound with soap and water, then seek medical attention. This should include the beginning of rabies-prevention treatment as well as a tetanus shot if the patient's Boosters are not up to date.

There are several things you can do to protect your pet from rabies. First, visit your veterinarian with your pet on a regular basis and keep rabies vaccinations up-to-date for all cats, ferrets, and dogs. Second, maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision. Third, spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or vaccinated regularly. Lastly, call animal control to remove all stray animals from your neighborhood since these animals may be unvaccinated or ill.

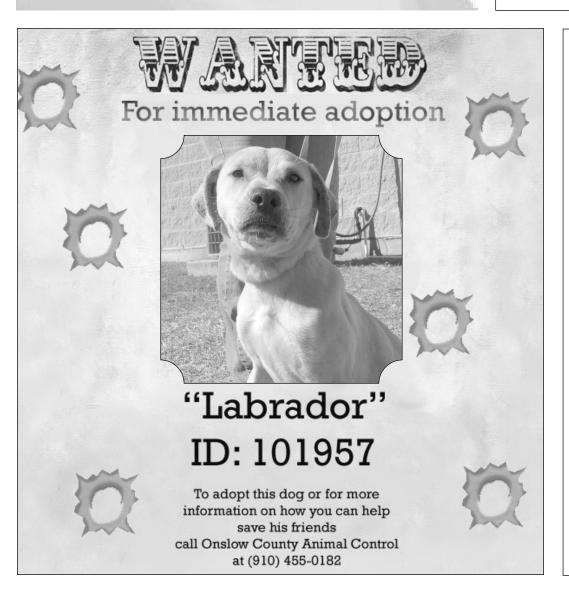
Editor's note: All information gathered from www.rabies.com. For information concerning the spread of rabies in the local area, call the Onslow County Animal Shelter at 455-0182 or 455-8277.

### Kicking off cookie season



Cpl. Ezekiel R. Kitandwe

Lieutenant Col. Frank H. Miner, Station executive officer, accepts the first plate of cookies from the Coastal Carolina Girl Scouts from Camp Lejeune. The New River command has traditionally received the first plate signifying the kick off of the Annual Girl Scout fundraiser.





If you say, "It don't get no better than this" one more time, I'll break your face.



## HMT-302 Marines dodge, duck, dip, dive

Story and photos by Lance Cpl. Samuel D. White

correspondent

Marines of Marine Helicopter Training Squadron-302 practiced a game most hadn't played since junior high school - dodge ball - at the New River Fitness Center on Jan. 13.

According to Lt. Col. Timothy A. Herndon, HMT-302 commanding officer, the tournament was organized to break up the monotony of the typical safety stand down briefing and bring the unit closer together.

"All the Marines here have been having a great time," said Herndon. "We thought of this tournament because we hoped it would build up both morale and camaraderie within the squadron."

Participating in the tournament were 140 Marines who made up 14 teams from throughout the squadron.

"The Marines here have been working hard over the past couple of months, so this is a great way we can give them time off and let them blow off steam," said Herndon. "It also lets loose that competitive spirit that exists inside all Marines."

A spirit that led to some fierce "trash talking" within the unit and built up the urge to take home the title 'Dodge Ball Champion,' said Staff Sgt. George H. Robinson, HMT-302 administrative chief.

"It was fun getting together outside of the work environment and there was some trash talking between the enlisted and the officers," said Robinson. "How many chances do you get to hit your bosses without repercussion?"

To cap off the tournament, the commanding officer arranged an enlisted versus officers' bout to determine which side of the squadron truly controlled the dodge ball floor. In the end, the enlisted side dominated the match.

"It's nice to finally prove we're the best," said Robinson. "The greatest feeling in the world is hitting an officer with a dodge ball and not going to (nonjudicial punishment) for it."





(Above) Corporal Bryan J. Tanner, crew chief, scrambles for a ball at the New River Fitness Center during the squadron dodge ball tournament. (Left) Lance Cpl. Adam J. Bodani, crew chief, "blows off steam" by throwing a ball towards an opposing player. (Right) Corporal Gregory S. Bagwell, crew chief, fends for his tournament life as he dodges balls from the opposing team. Bagwell played in the enlisted versus officers game in which the enlisted side walked away with a big win and bragging rights. (Below) Captain David A. Schreiner, CH-53E pilot, takes a shot to the gut as fellow teammate Capt. Dana R. Brown, logistics officer, deflects a shot.



